



## Parsley Pasta

READY IN



10 min.

SERVINGS



2

CALORIES



917 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 large eggs
- 0.3 cup olive oil extra virgin
- 0.9 ounces flat parsley
- 1 tablespoon olive oil
- 1.4 ounces parmesan grated
- 8.8 ounces pasta like spaghetti dried

### Equipment

- frying pan

pot

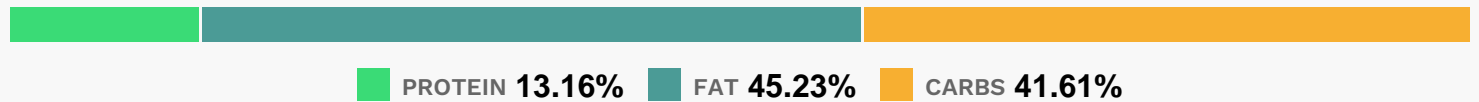
## Directions

Bring a pot of well salted water to a boil and boil the pasta until a bit before it's perfect. Wash and thoroughly dry the parsley before mincing it. Wet parsley tends to clump and will be hard to distribute evenly in the pasta. When the pasta is a few minutes away from being done, heat a pan and fry the eggs using 1 tablespoon of olive oil. When the pasta is done, drain it well, return it to the pot, and toss with 1/4 cup of olive oil.

Add the minced parsley and toss to coat evenly.

Add the cheese in a little bit at a time tossing between each addition. Save a little to garnish. To plate, put a layer of pasta down, top with a fried egg, and sprinkle some freshly ground black pepper, sea salt and cheese on top of the egg.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:37.74, Inflammation Score:-8, Nutrition Score:28.154782751332%

## Flavonoids

Apigenin: 26.91mg, Apigenin: 26.91mg, Apigenin: 26.91mg, Apigenin: 26.91mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 917.12kcal (45.86%), Fat: 45.86g (70.56%), Saturated Fat: 9.88g (61.72%), Carbohydrates: 94.93g (31.64%), Net Carbohydrates: 90.53g (32.92%), Sugar: 3.78g (4.2%), Cholesterol: 199.49mg (66.5%), Sodium: 404.06mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.06%), Vitamin K: 225.65µg (214.9%), Selenium: 98.66µg (140.95%), Manganese: 1.18mg (59.09%), Phosphorus: 479.71mg (47.97%), Vitamin E: 5.7mg (37.97%), Calcium: 306.71mg (30.67%), Vitamin A: 1475.78IU (29.52%), Vitamin B2: 0.38mg (22.44%), Magnesium: 87.08mg (21.77%), Copper: 0.42mg (21.07%), Zinc: 3.08mg (20.55%), Iron: 3.62mg (20.13%), Vitamin C: 16.59mg (20.11%), Fiber: 4.4g (17.61%), Folate: 66.3µg (16.58%), Vitamin B6: 0.29mg (14.57%), Vitamin B5: 1.44mg (14.44%), Potassium: 434.87mg (12.42%), Vitamin B3: 2.38mg (11.88%), Vitamin B12: 0.68µg (11.39%), Vitamin B1: 0.15mg (10.05%), Vitamin D: 1.1µg (7.33%)